

IRAN
ENGAGEMENT CALENDAR
1959



The Community Church Women's Association

TEHRAN, IRAN

S. Tchapp Printing - Khayam Ave. Tel. No. 50965 - 50569

E N G A G E M E N T S

JANUARY	MORNING	AFTERNOON	EVENING
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
1 NEW YEAR'S DAY			
Friday			
2			
Saturday			
3			

ENGAGEMENTS

JANUARY	MORNING	AFTERNOON	EVENING
Sunday 4			
Monday 5			
Tuesday 6			
Wednesday 7			
Thursday 8			
Friday 9			
Saturday 10			



MT. DEHAVAND

STUDIO HANNOVIAN

HELPS IN COOKING RICE

Iranian rice is very generally considered the best rice in the world, and the secrets surrounding the proper cooking of it are many and varied. However, a few basic facts will be helpful:

Rice varies in quality, but for chillo or pillo, rice should be the long unbroken white grains.

To have your chillo (the plain white rice) and pillo (the white rice in which meat, fruits, and/or vegetables have been mixed and cooked) at their best, the rice should be cleaned, washed, and put to soak in at least 3" of strong salt water to cover, the day before you intend to cook it.

Knowing just when the rice cooking in the boiling water has reached the exact stage of tenderness, neither too much nor too little, is something that comes with practice. It is tested between the thumb and finger to see that the center is still firm, but as a whole the grain is beginning to soften.

If after draining and rinsing it, you find that in the first cooking it was not sufficiently cooked, you can rectify this by sprinkling the rice with an extra cup of water after the initial oil and water used in the steeping process has been absorbed, and before the fire is turned low for the last cooking.

If you find your rice overcooked in the first cooking, then after you have steeped it and have it on the fire, remove the covered lid every 5 min. to let the steam escape, until it has become hot. Then the lid should be put on and the fire turned low.

The rice should be cooked in a large kettle with a lid that will fit closely. For the second cooking, the steeping, the lid should have a cloth covering on the underside to absorb the moisture, so that the rice is thoroughly cooked, light, and fluffy, not damp and soggy.

Butter is always a welcome addition on a hot mound of rice, if you find the rice too dry.

ENGAGEMENTS

JANUARY	MORNING	AFTERNOON	EVENING
Sunday 11			
Monday 12			
Tuesday 13			
Wednesday 14			
Thursday 15			
Friday 16			
Saturday 17			

ENGAGEMENTS

JANUARY	MORNING	AFTERNOON	EVENING
Sunday 18			
Monday 19			
Tuesday 20			
Wednesday 21			
Thursday 22			
Friday 23			
Saturday 24			



MULLAH

STUDIO HAVRAPSJAD
SI. CHAN

CHILLO - WHITE RICE

Serves 4

2 lbs. of long grain rice

1/3 cup of salt

2 qts. of cold water

1 large kettle of boiling water

1/2 cup cooking oil or butter

1/2 cup water, or yoghurt and water

1 ts. sugar if desired

The day before, clean and wash the rice. Then put to soak in 2 qts. of water with 5 handfuls of salt.

Empty the drained rice into a kettle with at least 4 qts. of boiling water. Cook until the rice feels, when tested between thumb and finger, that it is beginning to soften, but the core is still firm. With Persian rice this will require about 20 min. American rice will take 4-6 min. If overcooked in this stage, the rice becomes sticky and disintegrates. Remove from fire, drain, and rinse with slightly warm water. Into a large kettle with tight lid put the oil. Bring to boil and add water (and yoghurt and sugar, if desired). Bring this to boil and pour off this liquid for later use. Now shake the rice into the kettle lightly so that it is not packed down. When all the rice is in, put on lid and set on fire until very hot. Now pour the oil and water liquid over the rice. Cover underside of lid with 2 or 3 thicknesses of cloth to absorb the steam. Put the lid on the kettle tightly. A deep Dutch-oven would be excellent for this. Put this in the oven at about 350° for 1-1 1/2 hours. Do not remove lid until you are ready to serve. The crust formed on the bottom of the kettle is a choice part and should be laid over the mound of served rice.

ENGAGEMENTS

JANUARY	MORNING	AFTERNOON	EVENING
Sunday 25			
Monday 26			
Tuesday 27			
Wednesday 28			
Thursday 29			
Friday 30			
Saturday 31			

ENGAGEMENTS

FEBRUARY	MORNING	AFTERNOON	EVENING
Sunday 1			
Monday 2			
Tuesday 3			
Wednesday 4			
Thursday 5			
Friday 6			
Saturday 7			



RUG WEAVING

STENO HANSEN

KABOBS

4 generous servings

2 lbs. lamb - Choice meat along the backbone.

$\frac{1}{4}$ lb. fat - Use fat from tail or kidneys.

Strip away all tissue and fat so that only meat is left. Cut in 1" x 2" pieces. Let stand overnight in chopped onion, or for an hour or so sprinkled with about $\frac{1}{2}$ ts. meat tenderizer.

Put the meat on the spit, 2 pieces of meat for every 1 of fat.

For every 2 spits of kabob, make 1 spit of small tomatoes. Allow 1 spit of kabobs per person.

Have bed of charcoal red hot but not blazing, and kept so by fanning. Cook your Kabobs across the open fire. Don't forget to turn them.

Serve with : radishes, onions, mint, Persian goat cheese, if available, and

"Sanggak". (Persian bread cooked on little stones.)

Ali's Kabobs
marinate ^{leg of} pieces of lamb (or beef) in ^{salt + pepper} yogurt and chopped onion for several hours. Remove from marinade and cook as for kabobs.

Kabob (waffle)
oil garlic
vinegar salt
catalpa pepper

mix. alternate sauce, meat + sliced onions. allow to stand several hours.

E N G A G E M E N T S

FEBRUARY	MORNING	AFTERNOON	EVENING
Sunday 8			
Monday 9			
Tuesday 10			
Wednesday 11 LINCOLN'S BIRTHDAY			
Thursday 12			
Friday 13			
Saturday 14 VALENTINE'S DAY			

ENGAGEMENTS

FEBRUARY	MORNING	AFTERNOON	EVENING
Sunday 15			
Monday 16			
Tuesday 17			
Wednesday 18			
Thursday 19			
Friday 20			
Saturday 21			



GHASHOGHAI

STUDIO HAYRATYAN

KUBIEDEH KABOB (Ground Meat)

2 lb. choice ground lamb - some fat

1 cup ground onions

salt and pepper to taste.

1 egg and $\frac{1}{4}$ ts. soda (These help to hold meat together but are eliminated by some cooks for fear of toughening.)

Work all of these ingredients together very thoroughly with hands until completely mixed. Shape around spits that are about 1 in. width. Refrigerate until ready to cook.

Make bed of charcoal in brazier, across which spits may be laid while cooking the meat. The coals should be red hot, but not flaming, and will require fanning as meat cooks. The meat should rest about 4" above the coals. Cook to the desired degree of doneness.

Serve with plain white rice, a large lump of butter, ground sumac, fresh onion, and sour pickle. Raw egg yolk may be served to mix with the individual mound of white rice. This is done at the table to the individual's taste.

E N G A G E M E N T S

FEBRUARY	MORNING	AFTERNOON	EVENING
Sunday 22			
Monday 23			
Tuesday 24			
Wednesday 25			
Thursday 26			
Friday 27			
Saturday 28 WASHINGTON'S BIRTHDAY			

ENGAGEMENTS

MARCH	MORNING	AFTERNOON	EVENING
Sunday 1			
Monday 2			
Tuesday 3			
Wednesday 4			
Thursday 5			
Friday 6			
Saturday 7			



PERSIAN PICNIC

STUDIO HAMRAPH

KABOB-EH BARG (The leaf kabob)

These kabobs are made of the best meat possible, the fillet of lamb. The fillet is stripped out of the back bone and every bit of tissue and fat is carefully cleaned off. The small roll of meat is then laid out on a board and, holding it flat, the meat is cut into carefully from the side, but it is not cut through. It is then opened out and flattened and cut directly crossways to the grain into 2" lengths. The spit is then run through the meat from the side and dipped in finely chopped onion. It can be left in the refrigerator or cooked immediately over a bed of glowing coals. Serve at once with chillo.

If individual servings are made ready, first put a little rice on a warm plate, then the meat from one spit and a very generous piece of butter. Now cover the then the meat from one spit and a very generous piece of butter. Now cover the meat and butter with a cone-shaped mound of rice. Ground sumac is excellent served with this. Also raw egg-yolk, pickles, and raw onions. Dugh (yoghurt and water) should also accompany this dish.

ENGAGEMENTS

MARCH	MORNING	AFTERNOON	EVENING
Sunday 8			
Monday 9			
Tuesday 10			
Wednesday 11			
Thursday 12			
Friday 13			
Saturday 14			

ENGAGEMENTS

MARCH	MORNING	AFTERNOON	EVENING
Sunday 15			
Monday 16			
Tuesday 17			
Wednesday 18			
Thursday 19			
Friday 20			
Saturday 21			



KURD

STUDIO HAYRANCI
- 51 TUBAN.

Persian Herbs, Seasonings, and Terms in English

Nannah	Mint	Zaffaron	Saffron
Jaffaree	Parsley	Zarchubeh	Turmeric
Seer	Garlic	Darchine	Cinnamon
Tarkhon	Tarragon	Felfel	Pepper
Tarreh	A kind of onion top.	Namack	Salt
Shambaleeleh	Fenugreek	Seekh	Spit, skewer
Rahan	Basil	Johari leemoo	Citric acid
Sheeveet	Dill	Rob-eh Anar	Pomegranate
Geshneez	Coriander		concentrate
Sawzoo	Persian ziziphora	Roghan	Crisco, butter
(kawcootee)			or cooking oil
Marzeh	Summer savory		

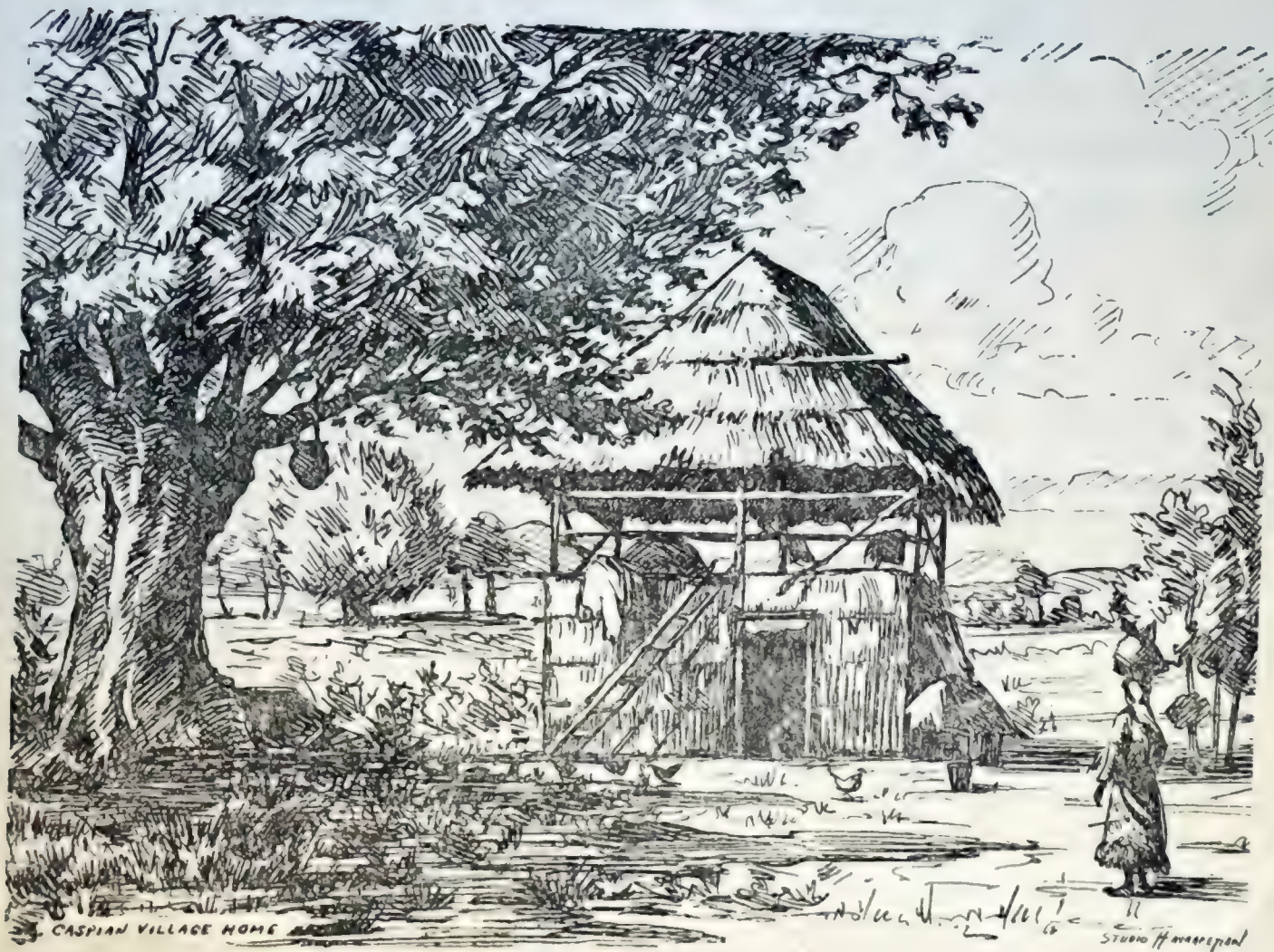
"Saffron water" is made by using $\frac{1}{4}$ ts. dry saffron powdered, then covered with 1 TS. boiling water.

E N G A G E M E N T S

MARCH	MORNING	AFTERNOON	EVENING
Sunday 22 PALM SUNDAY			
Monday 23			
Tuesday 24			
Wednesday 25			
Thursday 26			
Friday 27			
Saturday 28			

ENGAGEMENTS

MARCH	MORNING	AFTERNOON	EVENING
Sunday 29 EASTER			
Monday 30			
Tuesday 31			
APRIL Wednesday 1			
Thursday 2			
Friday 3			
Saturday 4			



KHORESH-EH ALU (Yellow plums or apricots)

2 lbs. meat, lamb. Wash and cut into small pieces

2 TS. butter or oil

2 cups of water

Cook together until water cooks away and meat is browned. To this add:
1 lb. dried yellow plums or apricots that have been washed, soaked, and browned lightly ; 3 cups onions cut small and browned separately ; and 2-3 cups water. Cook gently until tender. About 45 min. before serving, add salt, $\frac{1}{2}$ ts. turmeric, $\frac{1}{4}$ ts. pepper, $\frac{1}{2}$ ts. cinnamon. If necessary, add water to make sauce right consistency for serving over chillo,

ENGAGEMENTS

APRIL	MORNING	AFTERNOON	EVENING
Sunday 5			
Monday 6			
Tuesday 7			
Wednesday 8			
Thursday 9			
Friday 10			
Saturday 11			

ENGAGEMENTS

APRIL	MORNING	AFTERNOON	EVENING
Sunday 12			
Monday 13			
Tuesday 14			
Wednesday 15			
Thursday 16			
Friday 17			
Saturday 18			



KHORESH-EH BADDOMJOHN (Eggplant)

Wash and cut about 2 lbs. lamb into 2" pieces. Cook with 2 cups water and 2 TS. oil or crisco until water is used up so that meat may brown in the grease.

Add about 1 $\frac{1}{2}$ lbs. sliced tomatoes. Cook out the juice from the tomato and brown the tomatoes, as above.

Now add 4 cups of boiling water, $\frac{1}{4}$ to 1 ts. salt, $\frac{1}{2}$ ts. cinnamon, and 1 ts. turmeric. Cook very slowly.

Fry 5-6 small or 1 large peeled eggplant cut in strips. Then put it into the meat mixture and let simmer for an hour or so.

Fry about 3 big chopped onions until well browned, and add to the meat.

Cook everything slowly until all is tender and water is quite reduced and of good consistency to serve on the rice.

Beef may be used, but it will require more time to cook.

To be used over chillo.

ENGAGEMENTS

APRIL	MORNING	AFTERNOON	EVENING
Sunday 19			
Monday 20			
Tuesday 21			
Wednesday 22			
Thursday 23			
Friday 24			
Saturday 25			

ENGAGEMENTS

APRIL	MORNING	AFTERNOON	EVENING
Sunday 26			
Monday 27			
Tuesday 28			
Wednesday 29			
Thursday 30			
MAY Friday 1			
Saturday 2			



A VILLAGE HOME

STUDIO HATRAPETIAN
T. 1926

KHORESH-EH GORMEH SABZEE (Fried Greens)

2 lbs. lamb

4-5 sprigs mint

$\frac{1}{2}$ lb. spinach

2 $\frac{1}{2}$ lb. of parsley, coriander and sawzoo

2 TS. fat or oil

1 additional cup fat

1 cup red beans or black-eyed peas.

4 large onions cut in rings, fried crisp.

salt and pepper to taste

1 ts. turmeric

$\frac{1}{2}$ ts. cinnamon

Wash meat and cut in small pieces. Cook with 2 cups of water and 2 TS. butter until water is absorbed. Brown meat well in fat.

To this add the well washed and very finely chopped greens and the additional fat. Cook until nicely browned. Now add the previously cooked beans or peas. To this add enough water to make a good soup, fairly thick. Add seasoning and $\frac{1}{2}$ ts. saffron.

The rings of onions, well fried but not cut up are now to be added to the meat mixture and cooked very slowly for at least $\frac{1}{2}$ hour. About $\frac{1}{4}$ hour before serving, add 8 broken dried Shiraz limes, or lemon juice or concentrate, or citric acid to taste.

To be served on chillo

ENGAGEMENTS

MAY	MORNING	AFTERNOON	EVENING
Sunday 3			
Monday 4			
Tuesday 5			
Wednesday 6			
Thursday 7			
Friday 8			
Saturday 9			

ENGAGEMENTS

MAY	MORNING	AFTERNOON	EVENING
Sunday 10 MOTHER'S DAY			
Monday 11			
Tuesday 12			
Wednesday 13			
Thursday 14			
Friday 15			
Saturday 16			



BAKHTIARI

STUDIO HAYRABADI
57 TALEB

KHORESH-EH LUBIA (Green Beans)

2 lb. meat—lamb. Wash and cut into small pieces.

2 TS. butter or oil

2 cups water

Cook together until water cooks away and meat is browned. To this add and brown

3 onions cut fine.

Then add 2 lbs. of tomatoes peeled and quartered, and 2 lbs. green beans.

Salt to taste.

Add 1 ts. turmeric, $\frac{1}{4}$ ts. pepper, $\frac{1}{2}$ ts. cinnamon, and 1 ts. saffron water.

Add about 3 cups of water, or enough to keep this cooking gently until the meat and beans are tender. Add water if needed.

Cook to consistency of good stew and serve over chillo.

ENGAGEMENTS

MAY	MORNING	AFTERNOON	EVENING
Sunday 17			
Monday 18			
Tuesday 19			
Wednesday 20			
Thursday 21			
Friday 22			
Saturday 23			

E N G A G E M E N T S

MAY	MORNING	AFTERNOON	EVENING
Sunday 24			
Monday 25			
Tuesday 26			
Wednesday 27			
Thursday 28			
Friday 29			
Saturday 30 MEMORIAL DAY			



KHORESH-EH QAIMEH

2 lbs. of lamb—wash and cut into $\frac{1}{2}$ " squares. Put into kettle with 2 cups water 2 TS. oil and salt to taste. Cook until water boils away and meat browns well.

Add 3 large chopped onions, and brown with meat.

Add $\frac{1}{2}$ cup yellow split peas and $1\frac{1}{2}$ lb. peeled tomatoes cut in small pieces to the meat and onion and cook until tomato juice is absorbed and tomato some-what brown. Add enough boiling water to make a good soup-like consistency.

Add salt, $\frac{1}{4}$ ts. pepper, and $\frac{1}{2}$ ts. turmeric. Cook down well.

Cut 5 potatoes into shoe-string size and fry. Also cut 3 large onions into rings and fry, but keep separate from the potatoes. Add the onions and $\frac{3}{4}$ of the french-fried potatoes to the meat combination.

Simmer gently for $\frac{1}{2}$ hour. Now add 1 ts. cinnamon, $\frac{1}{2}$ ts. saffron water and 1 cup boiling water. To give a nice flavor of tartness, add 10 crushed dried limes, or a bit of lemon juice to taste, during the last cooking.

Garnish the khoresh with the remaining fried potatoes.

Serve on chillo.

E N G A G E M E N T S

MAY	MORNING	AFTERNOON	EVENING
Sunday 31			
JUNE Monday 1			
Tuesday 2			
Wednesday 3			
Thursday 4			
Friday 5			
Saturday 6			

ENGAGEMENTS

JUNE	MORNING	AFTERNOON	EVENING
Sunday 7			
Monday 8			
Tuesday 9			
Wednesday 10			
Thursday 11			
Friday 12			
Saturday 13			



BALUCH

STUDIO HAYRABAD
ST. T. CHAN

FESENJOHN (Khoresh to be used over chillo)

Said to be unique in worlds cuisine

Serves 6-8

1 duck (small)

1 $\frac{1}{2}$ lb. walnuts - grind 3 times in fine meatgrinder

1 onion, or bunch of young onions

1/3 - 1 cup pomegranate concentrate (Rob-eh Anar)

Salt. 1 ts. to taste

$\frac{1}{2}$ ts. cinnamon

$\frac{1}{2}$ ts. turmeric

a little pepper

Cook the duck in salted water until half done. Add ground nuts and small amounts of cold water as nuts and duck cook together.

Add pomegranate concentrate, pepper, turmeric, and cinnamon; and cook slowly until good consistency to serve on rice. Add cold water as needed.

If this khoresh is not dark, a piece of iron heated red hot and held in the khoresh for a few seconds, at the last, will produce the proper dark color.

The sweetness or sourness is determined by the kind and quantity of pomegranate concentrate used

Use about 2 lbs. rice for making the chillo.

ENGAGEMENTS

JUNE	MORNING	AFTERNOON	EVENING
Sunday 14 FATHER'S DAY			
Monday 15			
Tuesday 16			
Wednesday 17			
Thursday 18			
Friday 19			
Saturday 20			

ENGAGEMENTS

JUNE	MORNING	AFTERNOON	EVENING
Sunday 21			
Monday 22			
Tuesday 23			
Wednesday 24			
Thursday 25			
Friday 26			
Saturday 27			



PERSEPOLIS

STUDIO HAYRATJAN
57

LOZE NARGILE (Cocoanut Diamonds)

1 lb. Shredded coconut

1 lb. Sugar

1 cup Water

Boil the sugar with water long enough to make a thick syrup.

Take it off the fire and beat until creamy. Put the shredded cocoanut into it. Put it into a shallow pan, spread, cut into diamond shaped pieces. Put some pounded pistachios on top.

HONEY CANDY

$2\frac{1}{2}$ cups sugar

$\frac{3}{4}$ cup butter or margarine

$\frac{2}{3}$ cup saffron

$2\frac{1}{4}$ cups honey

$\frac{3}{4}$ cup pistachio nuts

Melt the sugar, pour in honey, beat butter separately and add; and stir constantly until it becomes thick. Then pour in finely chopped nuts and mix, lastly adding saffron. Grease a platter and put on by spoonfuls, pressing out each spoonful. Sprinkle a bit of finely chopped pistachios on top of each spoonful.

BURNT ALMOND CANDY

Make as for honey candy, but instead of pistachio nuts, use whole almonds.

ENGAGEMENTS

JUNE	MORNING	AFTERNOON	EVENING
Sunday 28			
Monday 29			
Tuesday 30			
JULY Wednesday 1			
Thursday 2			
Friday 3			
Saturday 4 INDEPENDENCE DAY.			

ENGAGEMENTS

JULY	MORNING	AFTERNOON	EVENING
Sunday 5			
Monday 6			
Tuesday 7			
Wednesday 8			
Thursday 9			
Friday 10			
Saturday 11			



TURKOHAN

STUDIO HAYRATYAN
© 1998

KOO - KOO

Serves 4

Requires 3 or 4 sprigs of mint, parsley, coriander and sawzoo.

Use only the leaves, carefully washed or chopped very fine, so that you have $2\frac{1}{2}$ cups.

Again wash, and add $\frac{1}{2}$ ts. salt to taste.

After adding salt, squeeze out excess water. Then add pepper, $\frac{1}{2}$ ts. cinnamon, turmeric, 2 TS. flour, and about 6 well-beaten eggs.

Heat skillet with Crisco, add the egg mixture, and fry like omelet, Eat while very hot.

ENGAGEMENTS

JNLY	MORNING	AFTERNOON	EVENING
Sunday 12			
Monday 13			
Tuesday 14			
Wednesday 15			
Thursday 16			
Friday 17			
Saturday 18			

ENGAGEMENTS

JNLY	MORNING	AFTERNOON	EVENING
Sunday 19			
Monday 20			
Tuesday 21			
Wednesday 22			
Thursday 23			
Friday 24			
Saturday 25			



WATER CART

STUDIO HAVARAJI
TIRUPATI

DOLMEHS (*Eggplant - Tomatoes - Sweetpeppers*)

Serves 6

4 each of tomatoes, peppers, and eggplants (The small slender kind).

Save the tops of each to be used as a lid. Hollow out the center of each and discard the pepper and eggplant seeds. Retain the tomato juice and seeds.

Clean, wash, and chop together very fine about 2 lbs. parsley, dill, young onions, coriander, and tarreh in equal amounts.

2 large grated onions — add to greens

$\frac{1}{2}$ cup rice — clean and add to greens

2 lbs. lamb — ground once

2 ts. cinnamon

$\frac{1}{2}$ ts. pepper

salt to taste — about 2 ts.

2 TS. oil

Mix all together very thoroughly, using hands. Fill the eggplants which should be browned first, the peppers, and the tomatoes, which should be on top in the kettle. Cover with 2 cups warm water and a little oil. Prunes and/or tomato juice with this improves the flavor. Cover and cook gently for about 2 hours.

ENGAGEMENTS

JNLY	MORNING	AFTERNOON	EVENING
Sunday 26			
Monday 27			
Tuesday 28			
Wednesday 29			
Thursday 30			
Friday 31			
AUGUST Saturday 1			

ENGAGEMENTS

AUGUST	MORNING	AFTERNOON	EVENING
Sunday 2			
Monday 3			
Tuesday 4			
Wednesday 5			
Thursday 6			
Friday 7			
Saturday 8			



TOY VENDOR

STUDIO HAYRAPEJAL
57 Tehran

DOLMEH CALLEM (Cabbage-leaf Dolmehs)

1 $\frac{1}{2}$ cup rice
2 lb. ground meat
1 TS. chopped parsley
1 TS. chopped tarragon
1 TS. tarreh
1 TS. chopped basil

1 TS. chopped mint
4 stalks of chopped celery
a little chopped dill
salt and pepper to taste
4 TS. oil

Mix this all together well, using hands.

Separate cabbage leaves and pour boiling water over to wilt. If necessary, put over fire for 2 or 3 minutes. Cut the center rib from the cabbage leaf and use to cover bottom of kettle.

Using $\frac{1}{2}$ leaf of cabbage, put a small tablespoon of the mixture on the leaf and fold over carefully, so that the meat mixture is well wrapped up. Lay this in the kettle with the folded side down. Wrap each dolmeh in the same way until all of the meat mixture is used up and the kettle well filled.

Add 2 cup water and cook slowly.

Cook separately 1 lb. of prunes and 8 fresh tomatoes in 2 cups of water. Cook together and sieve. Add this to the cooking dolmehs for the second half of the cooking time.

ENGAGEMENTS

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Monday 10			
Tuesday 11			
Wednesday 12			
Thursday 13			
Friday 14			
Saturday 15			

ENGAGEMENTS

AUGUST	MORNING	AFTERNOON	EVENING
Sunday 16			
Monday 17			
Tuesday 18			
Wednesday 19			
Thursday 20			
Friday 21			
Saturday 22			



AWSH-EH MAWST (Thick yoghurt soup)

2 cups rice

1 lb. greens (spinach or beet tops, parsley, little mint, coriander and sawzoo)

1 cup yellow split peas and black-eyed beans

4-6 cups water

First cook beans and peas until tender. Then add rice, salt, and finely chopped greens. When this is half cooked, add tiny meat balls made from 1 lb. of ground meat, 1 spoon of flour, salt and pepper, cinnamon, turmeric, and 1 egg, mixed well together.

When nearly done, add a very little cinnamon and salt and pepper to taste. Water has been used in sufficient quantity to cook the rice, greens, and other ingredients. This is now somewhat like a soup.

Slice 3 or 4 onions and fry separately. Add $\frac{3}{4}$ of the onions to the soup and set the rest aside.

When ready to serve, have 4 cups yoghurt well beaten. Add slowly to soup, stirring well. Serve topped with crisp fried onions and fried mint.

A winter dish.

ENGAGEMENTS

AUGUST	MORNING	AFTERNOON	EVENING
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Monday 24			
Tuesday 25			
Wednesday 26			
Thursday 27			
Friday 28			
Saturday 29			

ENGAGEMENTS

AUGUST	MORNING	AFTERNOON	EVENING
Sunday 30			
Monday 31			
SEPTEMBER Tuesday 1			
Wednesday 2			
Thursday 3			
Friday 4			
Saturday 5			



BREAD MAKING

STUDIO HARRAPEND
57. Tcha...

MAWST AND BADDOMJOHN (Yoghurt and eggplant)

Peel and fry as many eggplant as you need in a generous amount of fat until thoroughly cooked and brown. Lay on hot platter.

Have ready, yoghurt beaten smooth, onions fried until crisp, and fried, dried powdered mint.

Spread the yoghurt over the hot eggplant. Then dress the yoghurt generously with the fried onions, and over all pour the mint and oil in which it has been cooked.

ENGAGEMENTS

SEPTEMBER	MORNING	AFTERNOON	EVENING
Sunday 6			
Monday 7 LABOR DAY			
Tuesday 8			
Wednesday 9			
Thursday 10			
Friday 11			
Saturday 12			

ENGAGEMENTS

SEPTEMBER	MORNING	AFTERNOON	EVENING
Sunday 13			
Monday 14			
Tuesday 15			
Wednesday 16			
Thursday 17			
Friday 18			
Saturday 19			



DORUSHKY

Studio Harnagepiad

MAWST-EH KHIAR. (Yoghurt and cucumbers)

- 3 cups yoghurt beaten smooth
- 2 cucumbers chopped fine
- 3 young green onions—chopped fine
- 4 pieces Persian z'ziphora chopped fine
- 2 sprigs mint chopped fine
- 2 sprigs basil chopped fine
- 2 sprigs summer savory — chopped fine
- $\frac{1}{4}$ cup walnuts chopped fine
- $\frac{1}{2}$ cup well-cleaned raisins
- $\frac{1}{2}$ ts. salt

Mix together and chill. This is a delightful dish to use as a summer salad, or it may be diluted and served very cold as a summer soup.

ENGAGEMENTS

SEPTEMBER	MORNING	AFTERNOON	EVENING
Sunday 20			
Monday 21			
Tuesday 22			
Wednesday 23			
Thursday 24			
Friday 25			
Saturday 26			

ENGAGEMENTS

SEPTEMBER	MORNING	AFTERNOON	EVENING
Sunday 27			
Monday 28			
Tuesday 29			
Wednesday 30			
OCTOBER Thursday 1			
Friday 2			
Saturday 3			



SHOPKEEPER

STUDIO HAYRABEYI

TOSS KABOB

2 lbs. lamb with fat. Wash and dry, lay on bottom of kettle.

2 lbs. onions sliced thick, lay over meat.

$\frac{1}{2}$ lb. potatoes peeled and sliced thick, lay over onions.

1 lb. tomatoes peeled and sliced thick, lay over potatoes.

$\frac{1}{2}$ lb. carrots. Scrape and cut in two, lay over tomatoes.

3 quinces peeled and cut up, lay over carrots.

$\frac{1}{4}$ ts. pepper

$\frac{1}{2}$ ts. turmeric

$\frac{1}{2}$ ts. cinnamon

salt enough to taste well (about 2 ts.).

Barely cover with water. Let the fire be hot for about one hour, then turn it down very low and let simmer until water is largely cooked away.

If desired, add $\frac{1}{2}$ ts. saffron water.

ENGAGEMENTS

OCTOBER	MORNING	AFTERNOON	EVENING
Sunday 4			
Monday 5			
Tuesday 6			
Wednesday 7			
Thursday 8			
Friday 9			
Saturday 10			

ENGAGEMENTS

OCTOBER	MORNING	AFTERNOON	EVENING
Sunday 11			
Monday 12			
Tuesday 13			
Wednesday 14			
Thursday 15			
Friday 16			
Saturday 17			



FRUIT VENDOR

STUDIO HAYRABAD

BAWGAWLEE PILLO (Broad Bean-a Spring Dish)

The day before, clean and wash about 2 lbs. of rice and put to soak with a handful of salt and water 4" over the rice.

Clean and wash 1 lb. of dill. Then cut fine like rice. Set aside. Shell 2 lbs. of broad beans. Then take off second covering or shell. Cut this bean in two.

Use 1-2 lbs. lamb. After cooking well in salted water until water is evaporated, brown the meat in its own fat.

Have a large kettle of boiling water, drain soaked rice, and cook in boiling water until partially tender. If the beans are young and very tender, they should be added with the dill just at this time, as the rice is taken from the fire. (However, if it is late in the season, the beans are a bit tough and they should be added with the rice when it is first put into the boiling water). Drain rice, dill, and broad beans. and rinse with warm water.

Put 4 TS. oil in the kettle. Heat. Add 1 cup water to the hot oil. Bring to boil and pour off for further use. Line the bottom of kettle with thinly sliced potatoes. Put into kettle half of the rice, lightly sprinkled. Then add the pieces of lamb. Cover with remaining rice. Put on fire and cover closely. When kettle is very hot, turn the fire low and let cook very gently for about an hour. Do not open the lid during the last cooking.

ENGAGEMENTS

OCTOBER	MORNING	AFTERNOON	EVENING
Sunday 18			
Monday 19			
Tuesday 20			
Wednesday 21			
Thursday 22			
Friday 23			
Saturday 24			

ENGAGEMENTS

OCTOBER	MORNING	AFTERNOON	EVENING
Sunday 25			
Monday 26			
Tuesday 27			
Wednesday 28			
Thursday 29			
Friday 30			
Saturday 31			



CAMEL DRIVER

STUDIO HAYRABEYAN

ALBAWLU PILLO (Black Cherries)

Serves 6

The day before, clean and wash 4 cups of rice and put to soak with a handful of salt and water at least 3" above rice.

Wash and seed 3 cups black cherries. Bring to good boil with $\frac{1}{4}$ cup water and 2 cups sugar. Set this aside.

A large piece of lamb first cooked in water and then browned, may be used in one piece in center or cut in small pieces.

Now drain the rice and put in large kettle of rapidly boiling water. Cook until test shows rice is slightly tender but not done. Remove from fire, drain and rinse with warm water. Into the large kettle 2 TS. butter and 1 TS. water. When then this is boiling, pour it off and retain. Now add a little yoghurt to coat the bottom of the kettle.

Now shake in lightly a layer of rice, one of cherries juice, and one of meat; continue all are used. Put this on the fire until kettle is hot again. Then pour the melted butter and water over the rice. Cover the lid to absorb the moisture. Put it on tight. Turn the fire down and cook for at least 1 hour. Do not open until ready to serve.

ENGAGEMENTS

NOVEMBER	MORNING	AFTERNOON	EVENING
Sunday 1			
Monday 2			
Tuesday 3			
Wednesday 4			
Thursday 5			
Friday 6			
Saturday 7			

ENGAGEMENTS

NOVEMBER	MORNING	AFTERNOON	EVENING
Sunday 8			
Monday 9			
Tuesday 10			
Wednesday 11			
Thursday 12			
Friday 13			
Saturday 14			



MEAT MARKET

HAYRADEJIAN

ISTAMBOULI PILLO

Serves 6

Clean and wash 4 cups rice and set to soak overnight in 7 cups water and 1 TS. salt.

Wash and cut about 2 lbs. meat into 2" pieces. Put to cook with 2 cups water and 1 ts. salt and 2 TS. Crisco or butter. Cook until water is evaporated. Then brown well with one large chopped onion.

Add 1 $\frac{1}{2}$ lbs. tomatoes peeled and sliced. Cook until liquid of tomatoes has evaporated.

Now add the rice and the water in which it has soaked and $\frac{1}{2}$ ts. saffron water for flavor.

Cook this carefully until rice is slightly tender and water absorbed. Now cover underside of tight lid with a clean cloth to absorb the moisture.

Add 2 more TS. of Crisco dotted over rice and cover tightly for the last cooking of about 1 $\frac{1}{2}$ hours, or until the side of the kettle sizzles when tested. It is now ready to serve.

ENGAGEMENTS

NOVEMBER	MORNING	AFTERNOON	EVENING
Sunday 15			
Monday 16			
Tuesday 17			
Wednesday 18			
Thursday 19			
Friday 20			
Saturday 21			

ENGAGEMENTS

NOVEMBER	MORNING	AFTERNOON	EVENING
Sunday 22			
Monday 23			
Tuesday 24			
Wednesday 25			
Thursday 26			
Friday 27 THANKSGIVING DAY			
Saturday 28			



RUG VENDOR

STUDIO HAYRABEKIAN
1970 TEHRAN

SABZEE PILLO (Greens)

The day before, clean and wash about 2 lbs. of rice and put to soak with a large handful of salt and water at least 3" above rice.

Wash clean and chop fine 1 lb. of greens, including parsley, tarreh, fenugreek.

Cook rice for chillo. Ten minutes before it is ready to drain, add the greens.

Proceed as with plain rice. Drain, rinse, and steep the rice. If meat is used, it must be cooked and browned separately and put into the center of the rice, then covered over with rice. Proceed. as with plain rice.

If fish is to be used, meat is not necessary.

Fish : Smoked fish must be soaked for 2 hours. Skin and cut into frying-size pieces. Dry well and fry in hot fat until well browned. Serve around mound of rice.

Fresh fish may be used if one prefers. It too must be fried.

ENGAGEMENTS

NOVEMBER	MORNING	AFTERNOON	EVENING
Sunday 29			
Monday 30			
Tuesday 1			
DECEMBER			
Wednesday 2			
Thursday 3			
Friday 4			
Saturday 5			

ENGAGEMENTS

DECEMBER	MORNING	AFTERNOON	EVENING
Sunday 6			
Monday 7			
Tuesday 8			
Wednesday 9			
Thursday 10			
Friday 11			
Saturday 12			



PERSIAN PORTER

STUDIO HAYRAPEYIAN
Tehran

ADASS PILLO (Lental Pillo)

2 lb. rice — soak as per instructions for making chillo.

2 lb. lamb, preferably breast. Wash and cook in water until tender. Add water as needed so that the meat does not burn. When tender, remove from juice, cool, bone, and cut in small pieces.

Wash 1 lb. of lentils and put to cook in the meat juice. Add water as needed and cook until tender and water is all absorbed.

Now brown in a little oil, one box of seedless raisins.

Cook rice as for chillo. Drain and rinse.

In your kettle put $\frac{1}{2}$ cup oil. Bring to boil and add $\frac{1}{2}$ cup water and a TS. of sugar. When this boils, pour off for later use. Sprinkle a layer of rice over the bottom of the kettle, now a layer of meat, then raisins, lentils, and a sprinkling of sugar. Again add the rice and continue until all the ingredients are in, using 1 cup of sugar. Cover and put on the fire until the kettle becomes hot. Open and pour around over the rice the oil and water and sugar prepared. Put a tight lid on the kettle and set in the oven for at least one hour, with a temperature of about 350°.

This is nice served with a green salad and a light dessert.

ENGAGEMENTS

DECEMBER	MORNING	AFTERNOON	EVENING
Sunday 13			
Monday 14			
Tuesday 15			
Wednesday 16			
Thursday 17			
Friday 18			
Saturday 19			

ENGAGEMENTS

DECEMBER	MORNING	AFTERNOON	EVENING
Sunday 20			
Monday 21			
Tuesday 22			
Wednesday 23			
Thursday 24			
Friday 25 CHRISTMAS DAY			
Saturday 26			



CHAHAR BAGH SCHOOL IN ISFAHAN -

STUDIO HAVARPEJIAN
57 TEL. 100

SHEEREN PILLO (Sweet Pillo)

This is probably the best liked of all Persian pillo.

The day before, clean and wash about 2 lbs. of rice and put to soak with a handful of salt and water 3" over the rice.

Dress, season and brown well one large chicken, or 3 lbs. of lamb. Cook gently until well done, adding a little water at a time during the process so that as little juice as possible remains in the kettle. When cooked, bone the chicken or cut the meat into serving-size pieces. Set aside.

Into this same kettle containing what is left of the meat juices, put 1 $\frac{1}{2}$ cups of water, 1 cup blanched and shredded almonds, $\frac{1}{3}$ cup skinned and shredded pistachio nuts, $\frac{2}{3}$ cup orange peel (use the outside of the orange or dry peel, which has been cooked in a quantity of salt water until tender, then soaked in 3 changes of water to bring out the bitterness, and drained), 1 cup butter, 2 cups sugar, and a pinch of saffron.

Cook these ingredients together gently until it becomes like a marmalade and the water is absorbed. Set aside.

Cook your rice as for plain chillo. When it is ready to be steeped, put your meat in layers throughout the pillo.

When the rice is ready for serving, heat your platter and your nut-orange mixture. then cover the layers of meat and rice with a thin layer of the fruit and nut mixture, until all is used, being sure to top the mound of rice with the marmalade-nut combination. Pieces of the tah-deeg (bottom of the pot), or the crust, could be used as the garnish around the bottom of the mound of pillo, most effectively.

Some cook like to double the quantity of orange peel by using an equal amount of raw carrots, which makes a very acceptable addition. It is cooked in the marmalade with the other ingredients.

Much too sweet - try less sugar.

*for 6 people:
2-3 c. rice
4-5 chicken breasts*

ENGAGEMENTS

DECEMBER	MORNING	AFTERNOON	EVENING
Sunday 27			
Monday 28			
Tuesday 29			
Wednesday 30			
Thursday 31			
JANUARY Friday 1 NEW YEAR'S DAY			
Saturday 2			

TELEPHONE NUMBERS AND ADDRESSES

[illegible]

[illegible]

This image shows a single sheet of white, lined notebook paper. The paper has horizontal blue or grey ruling lines spaced evenly apart. There are approximately 20 lines visible across the page. The paper appears slightly aged or off-white. There is no handwriting or other markings on the page.



